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Redmond Athletic Club Group Fitness Schedule Winter 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Cardio Burn 6:00- 7:00am Group Fitness Room Debbie A.</p> <p>Pilates Mat 8:00- 9:00am Group Fitness Room Elena J.</p> <p>Power Yoga 9:15-10:15am Group Fitness Room, Heather C.</p> <p>Body by Candy 10:20- 11:20am Group Fitness Room Candy M.</p>	<p>Dynamic Strength 5:00- 6:00am Group Fitness Room Julie V.</p> <p>Hardcore Cycling Lvl 2-3 6:00- 6:45am Cycling Studio Julie V.</p> <p>NEW!! Power Yoga 8:00-9:00am Group Fitness Room Elena J.</p> <p>Total Body Sculpt 9:15- 10:15am Group Fitness Room Jenna G.</p> <p>Cycling by Season 9:30- 10:15am Cycling Studio Terry F.</p> <p>Yoga Fundamentals Lvl 1 10:30- 11:30am Group Fitness Room Heather C.</p>	<p>Butts and Guts 6:00- 7:00am Group Fitness Room Julie V.</p> <p>Pilates Mat 8:00- 9:00am Group Fitness Room Gina C.</p> <p>Power Yoga 9:15-10:15am Group Fitness Room Heather C.</p> <p>Body by Candy 10:20- 11:20am Group Fitness Room Candy M.</p>	<p>Dynamic Strength 5:00- 6:00am Group Fitness Room Julie V.</p> <p>Hardcore Cycling Lvl 2-3 6:00- 6:45am Cycling Studio Julie V.</p> <p>NEW!! Power Yoga 8:00-9:00am Group Fitness Room Elena J.</p> <p>Total Body Sculpt 9:15- 10:15am Group Fitness Room Jenna G.</p> <p>Cycling by Season 9:30- 10:15am Cycling Studio Terry F.</p> <p>Cardio Kick 10:30- 11:30am Group Fitness Room Terry F.</p>	<p>Cardio Burn 6:00- 7:00am Group Fitness Room Debbie A.</p> <p>Gentle Yoga, Lvl 1 8:00- 9:00am Group Fitness Room Heather C.</p> <p>On the Ball 9:15- 10:15am Group Fitness Room Annie H.</p> <p>Body by Candy 10:20- 11:20am Group Fitness Room Candy M.</p>	<p>Hardcore Cycling Lvl 2-3 8:00- 9:00am Cycling Studio Julie V.</p> <p>Classic Cardio 8:00- 9:00am Group Fitness Room Alyssa B.</p> <p>Butts and Guts 9:15- 10:15am Group Fitness Room Julie V.</p> <p>Pilates Mat 10:20- 11:20am Group Fitness Room Candy M.</p>
<p>NEW Time!! Noon Platoon 12:00- 1:00pm Weight Room Area Sgt. Mike L.</p> <p>Pilates Mat 12:00-1:00pm Group Fitness Room Candy M.</p>	<p>NEW!! Noon Platoon HOOPS! 12:00- 1:00pm Gym Sgt. Mike L.</p> <p>Yoga Hour of Power 12:00- 1:00pm Group Fitness Room Jen E.</p> <p>NEW!! Iron Core Challenge 12:00-1:00pm Rock Climbing Area Willie W.</p>	<p>NEW Time!! Noon Platoon 12:00- 1:00pm Weight Room Area Sgt. Mike L.</p> <p>Pilates Mat 12:00-1:00pm Group Fitness Room Candy M.</p>	<p>Noon Platoon HOOPS! 12:00-1:00pm Gym Sgt. Mike L.</p> <p>Yoga Hour of Power 12:00- 1:00pm Group Fitness Room Jen E.</p> <p>NEW!! Iron Core Challenge 12:00-1:00pm Rock Climbing Area Willie W.</p>	<p>Noon Platoon 12:00- 1:00pm Weight Room Area Sgt. Mike L.</p>	<p>Check our Workshop Schedule for Saturday workshops and special events</p>
<p>Ab Lab 5:00- 5:30pm Group Fitness Room Candy M.</p> <p>Body by Candy 5:30- 6:30pm Group Fitness Room Candy M.</p> <p>Indoor Cycling 5:45- 6:30pm Cycling Studio Debbie A.</p> <p>Butts and Guts 6:35- 7:35pm Group Fitness Room Debbie A.</p>	<p>Power Yoga Lvl 2-3 5:00- 6:15pm Group Fitness Room Jen E.</p> <p>Indoor Cycling 5:45- 6:45pm Cycling Studio Debbie A.</p> <p>NEW!! RAC Boot Camp 6:00-7:15pm Gym Sgt. Mike L.</p> <p>NEW!! Intro to Kettlebells 5:30-6:00pm Iron Core Challenge 6:00-7:00 pm Rock Climbing Area Willie W.</p> <p>Zumba 6:20- 7:20pm Group Fitness Room Elizabeth P.</p>	<p>Ab Lab 5:00- 5:30pm Group Fitness Room Candy M.</p> <p>Body by Candy 5:30- 6:30pm Group Fitness Room Candy M.</p> <p>Indoor Cycling 5:45- 6:30pm Cycling Studio Debbie A.</p> <p>Rock Climbing 6:00- 8:00pm Rock Climbing Wall Carlos P.</p> <p>Butts and Guts 6:35- 7:35pm Group Fitness Room Debbie A.</p>	<p>Power Yoga Lvl. 2-3 5:00- 6:15pm Group Fitness Room Jen E.</p> <p>Indoor Cycling 5:45- 6:45pm Cycling Studio Debbie A.</p> <p>NEW!! RAC Boot Camp 6:00-7:15pm Gym Sgt. Mike L.</p> <p>NEW!! Intro to Kettlebells 5:30-6:00pm Iron Core Challenge 6:00-7:00 pm Rock Climbing Area Willie W.</p> <p>Zumba 6:20- 7:20pm Group Fitness Room Elizabeth P.</p>		<p>Sunday</p> <p>Step and Strength Blast 8:30 -9:30 am Group Fitness Room Olga G.</p> <p>Power Yoga 9:45 -11:00 am Group Fitness Room Gaerda Z.</p>